



save money with Premera Extras!

Your Premera ID card gives you discounts from top health-services companies.

Did you know? In addition to an excellent health plan, Premera Blue Cross members have access to special discounts from companies such as GlobalFit, Weight Watchers, TruVision, American WholeHealth Networks, Safe Beginnings, MotherNature.com, Beltone, and more. All you need is your health plan ID card to take advantage of these offers.

Where you can save

Fitness & weight management

10%-60% off

- **GlobalFit** is the leading provider of discounted fitness club memberships and wellness services in the U.S. including the NutriSystem weight-loss program.
- **Weight Watchers** provides support for long-term weight management through healthy lifestyle choices.

Eye care services & hardware

Up to 45% off

- **TruVision** offers discounts on contact lenses, plus free shipping. TruVision also offers laser vision correction packages with a lifetime warranty.
- **EyeMed** offers discounts on eyeglasses, plus free shipping.

Alternative care services

10%-30% off

- **American WholeHealth Networks, Inc.** offers easy access to a network of providers in Washington for massage therapy, chiropractic care, naturopathy and acupuncture; dietetic and nutrition services.

Family safety products

15% off

- **Safe Beginnings** offers nursery staples, baby carriers, child-proofing products, family safety supplies and developmental toys.

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Where you can save (continued)

Health & beauty products

15% off

- **MotherNature.com** is your source for natural health and beauty items including vitamins and herbal supplements as well as bath, spa and aromatherapy products—plus so much more!

Hearing aids & screenings

25%-58% off

- **Beltone** is the most recognized and trusted name in hearing healthcare.
- **HearPO** is a subsidiary of Sonus, USA, Inc., with a network of more than 100 credentialed and affiliated audiologists in the Northwest.

Go to **www.premera.com** and click on the Extras! link for more details on all of these offers, or call any of the toll-free numbers listed below.

Contact phone numbers:

GlobalFit: 1-800-294-1500

Weight Watchers: 1-800-651-6000

TruVision: 1-877-762-2020

EyeMed: 1-866-559-5252

**American WholeHealth
Networks, Inc.:** 1-800-500-0997

Safe Beginnings: 1-800-598-8911

MotherNature.com: 1-800-517-9020

Beltone: 1-800-BELTONE (235-8663)

HearPO: 1-888-HEARING (432-7464)

Extras! is a discount program only. Costs of program services and products do not count toward calendar year coinsurance maximums, lifetime maximums and/or plan deductibles.

We reserve the right to discontinue or change the Extras! program at any time without notice. The above products are offered for sale at a discount price under the Extras! program.

All representations and warranties, if any, regarding the products are solely those of the manufacturer. We make no claims, promises or recommendations regarding any of the products offered for sale under this program.